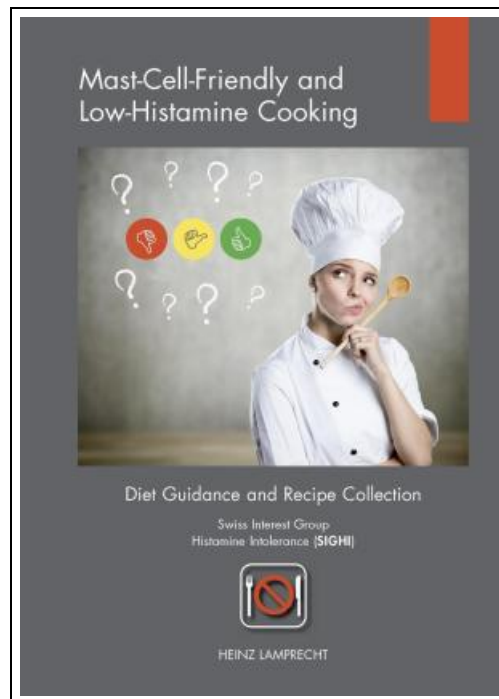


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Pro Business Jun 2015, 2015. Taschenbuch. Condition: Neu. Neuware - Do you often feel sick, stressed or uncomfortable Are you repeatedly troubled with annoying symptoms of unknown cause, such as runny or stuffy nose, sneezing, headaches, migraines, indigestion, skin rashes, itching, sleep disturbances, fatigue, exhaustion, concentration and memory disorders, a feeling similar to flu or burnout, increased susceptibility to infections, painful inflammations, inexplicable sadness, listlessness, etc. Is your doctor at a loss or is he considering histamine intolerance, enteral histaminosis, mast cell activation disease (MCAD), mast cell activation syndrome (MCAS) or mastocytosis Then it is worthwhile trying out the diet instructions presented in this cookbook. The book helps you and your doctor to clarify if you respond to a mast-cell-friendly histamine elimination diet. You will be able to implement the complicated diet properly right off the bat, without having to give up a balanced and tasty diet. In addition to the histamine content, special attention was paid to the avoidance of histamine liberators. The book contains more than 180 recipes plus numerous variations. Many of them are lactose-free and gluten-free. For bad days, some recipes are specifically low in salicylates. A healthy diet without problematic E-numbers. Predominantly quick and easy-to-prepare recipes for everyday use. Simple tabular representation of recipes. Easy to handle thanks to the functional spiral binding. 206 pp. Englisch.



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